

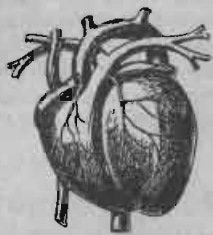
### Bloomsbury Good Health Guide

*Common Health  
Problems and How to  
Solve Them*

Allen & Unwin, 8 Napier St,  
North Sydney. \$39.95

Collated as a resource to understanding your disease, this book aims to provide the reader with tools to enhance the mechanisms that ensure good health. More thorough than a medical encyclopaedia, the topics covered are widely varied - acne, back problems, heart disease, impotence, infertility, nutrition, vitamins and unlistably more topics.

The research is very recent and the theme of the book is self-diagnosis, self-treatment, disease prevention and health maintenance. Not all our body/mind problems go away with two aspirin or a visit to the doctor, and this book shows us how to tell when we do need a doctor.



### The Heart Attack Recovery Book by Elizabeth Wilde McCormick

Allen & Unwin, 8 Napier St,  
North Sydney \$14.95

This is the second edition of this book, incorporating new chapters on breathing techniques, counselling and coronary artery bypass graft.

Covering all aspects of heart attack extensively, the book outlines medical tests and terminology used, hospital procedures, causes and complications of heart attacks and gives useful advice on exercise, diet, relaxation and preparation for returning to the work force.



### Genuine Fake

*A Biography of  
Alan Watts*

by Monica Furlong

Allen & Unwin, 8 Napier St,  
North Sydney \$19.95

The 'hippy movement' of the 1960s produced many charismatic and colourful figures, among them Alan Watts. His contribution to the counter culture was mainly to religious development and psychotherapy, sexuality and psychedelics. He started his professional life as an Episcopalian clergyman, maintaining his real love of Zen Buddhism, eventually incorporating Taoism towards the end of his life. His teachings influenced an entire generation and he saw himself as 'a philosophical entertainer, a genuine fake, a irreducible rascal'. Excellent reading, informative of the "counter culture movement" of the 60's and the influence of heroes/gurus of the time.



### Mindpower

by Nona Coxhead

Allen & Unwin, 8 Napier St,  
North Sydney \$17.95

This book delves into the hidden powers and abilities of the mind, exploring topics from psychic phenomena and the scientific scrutiny of psychic experiments to parapsychology, astral travel, healing abilities of the mind, telepathy, psychokinesis and others. The author has also put emphasis on the emerging kinship between science and religion and the emerging acknowledgement of 'consciousness' within the Western belief system. The Eastern cultures have always accepted mysticism and altered states of consciousness as a part of life. Full of interesting facts and scientific results, this book makes informative reading.



### A Meditator's Diary

by Jane Hamilton-  
Merritt

Allen & Unwin, 8 Napier St,  
North Sydney \$17.95

This is an account of the authors amazing test of endurance among the Thais while learning to meditate. She went alone to a teaching *wat* in northern Thailand to learn the art of meditation and discovered that it does not simply require you sit in the lotus position and shut your eyes. It's something to be learnt and practised. Her personal experiences are captivatingly told; the endurance of the lonely harsh life of an acolyte, the Masters she encounters and learning the Buddhist texts.

### The Peace Bible

\$US8.95 and

The Peace

Organizer \$US19.95

Kalimat Press, 1600 Sawtelle Blvd, Suite 34, Los Angeles, CA 90025-3114 The Peace Bible gathers together quotations on peace from religious traditions including Buddhism, Hinduism, Jainism, Native American, Christianity, Baha'i and others. Also compiled are the ideas of contemporary thinkers such as Gandhi, Martin Luther King Jr and Albert Schweitzer.

Thought-provoking and inspirational, the book includes chapters on the evil of war, the role of women and peace, the need for world order and inner peace. Excellent resource material for speeches, articles or sermons.

"The truest and greatest power is the strength of Peace... because Peace is the will of the Great Spirit".

*Native American - Hopi Declaration of Peace.*

The Peace Organizer is put together in ring binder form and is a weekly planning calendar. Each month has a peace-related theme, such as Justice, Education, Unity and Women etc.



### Earth Link 88

*A Planetary Awakening*

by Vincent Selleck

Shekinah Foundation, P.O.

Thora 2454 \$5 post free

Written to prepare the reader for the moment of planetary transformation, the booklet is a manual. We have reached the beginning of a survival crisis due to our misuse of technology and the planet's resources. Full of charts, graphics and maps, the booklet covers many topics such as the Harmonic Convergence, Hopi Prophecy, astrological links

## All The Way

Australia's Road to  
Vietnam

by Gregory Pemberton

Allen & Unwin, 8 Napier St,  
North Sydney. \$19.95

*paperback \$34.95 hardback*  
Dr. Pemberton served in the Australian Army for 10 years. He is also a graduate of the Royal Military College and the University of Sydney. He is co-author of the strategic and diplomatic volumes of the official history of Australia's involvement in the 'Malayan Emergency' and the Vietnam War. 'All The Way' traverses Australia's long road to Vietnam and describes how thousands of Australian soldiers came to fight in South Vietnam. Beginning with the period soon after World War II, it traces the development of Australia's war in Southeast Asia. Based on extensive sources both here and in America, the book is essentially about how and why Australia became involved in the Vietnam war.

It focuses on a study of the foreign and defence policies of Australia and the U.S. because it is recognised that a comprehensive understanding of American policies is central to a full understanding of Australian actions. Australia's post-1945 policies, particularly in the Far East, were greatly shaped by links with the U.S.



## Tales of Love, Sex and Danger

by Sudhir Kakar and  
John Munder Ross

Allen & Unwin, 8 Napier St,  
North Sydney. \$17.95

This book retells the famous love stories of three major cultures - Indian/Hindu, Perso-Islamic and Western. It tells of erotic and sexual love, passions, intrigue, ecstasy and the complexity of human relationships.



## Nuclear Playground

by Stewart Firth

Allen & Unwin, 8 Napier St,  
North Sydney \$14.95

This book documents the story of the Pacific Islanders who have been displaced and irradiated by the Superpowers' testings of nuclear bombs in the Pacific.

How the men who live in Washington, Paris and London use the islands and deserts of far away places for their nuclear tests, regardless of the tribal peoples living in these areas. The book covers an in-depth history of nuclear tests, with chapters on 'Why the French love the bomb', 'Where to test', 'Mururoa' and many more. With black and white photos and maps it is well presented and full of information on a topic which affects everyone on Earth.

## Sex A to Z

by Robert Goldenson  
and Kenneth Anderson

Allen & Unwin, 8 Napier St,  
North Sydney. \$39.95

This book is a comprehensive dictionary of 5,000 entries of sex and sexology terminology. Everything from scientific to slang terminology is listed in alphabetical order. Covering anatomy, sexual practices, medical terminology, psychology, taboo terms, genetics, folklore, superstition and more. Informative, interesting, educational and a novel way to impart a basic understanding of the nature of the human reproductive process; at the same time imparting facts about the strange and fascinating.

## The New Massage & The Art of Sensual Massage

by Gordon Inkles &  
Murray Todris

Allen & Unwin, 8 Napier St,  
North Sydney \$19.95

Both of these books make available a most comprehensive and complete source of information on all aspects of body massage.

No special knack is needed, no great knowledge of anatomy or special techniques are necessary. With the help of many black and white photographs which make the instructions visual, the books are clearly written and easy to follow.

They also cover topics promoting health, exercise and such diseases as sprains, insomnia, high blood pressure and others. A useful tool for anybody wanting to learn massage.



## The Sensual Body

by Lucy Lidell.

Allen & Unwin, 8 Napier St,  
North Sydney. \$19.95 paper  
\$39.95 hardback

This book is a working manual and is divided into 3 parts - Prelude, Solowork and Partnership.

The basic theme is body awareness; being in touch, feeling harmony and integration, understanding the 'machine' you inhabit and are. The book incorporates chapters on self-massage, breathing, African dance, Tai Chi (Inhabiting the body), Eutony (living with awareness), Kum Nye (sensation), running, Akido (harmonising energies), sensual massage and much more. Presented with colour photographs and colour drawings, explicit and easy to comprehend instructions, it can be used by individuals, couples or groups.



## Gandhi Today

Mahatma Gandhi's  
successors

by Mark Shepard

Simple Productions, 12 East  
15th St, #3, Arcata, California  
95521 USA. \$US20 hardback  
\$US10 paperback

The author travelled to India in 1978 in the quest of Gandhi's legacy. *Gandhi Today* is the result.

The book is clearly and simply written, explaining how Gandhi's philosophy is still having an impact today.

Activists, development workers, peacemakers and others are working on grass roots levels to build a society based on Gandhi's ideals. Accomplishments so far include a Peace Army which fights riots with non-violence, a 'Hug Trees' movement which blocks excessive logging in the Himalayas, a development centre helping 400 poverty-stricken villages, a People's Court that can try cases of murder and government corruption - to name a few.



## Addictions

by Jara Krivanek

Allen & Unwin, 8 Napier St,  
North Sydney \$14.95

Addictions is about heroin and its users. Tracing heroin use from its beginnings, it looks at its effects on families and subcultures and the experiences of addicts in treatment and those on the streets.

The book makes a point of the startling parallel between a minority's addiction to heroin and the dependence all of us have - in numerous habits in life.